

CHRISTOVAL ISD
Student-Athlete Handbook
2023-2024



CRISTOVAL ATHLETICS MISSION STATEMENT

Christoval Athletics is committed to excellence in athletics while supporting the educational mission of Christoval ISD. We meet student-athletes at their individual skill levels and educational needs and provide a challenging environment for skill development in both team and individual sports. Christoval Athletics is connected to the whole student: academically, socially, emotionally and physically through intentional preparation and planning throughout the school day and season. We focus on creating opportunities for all student-athletes to develop skills through individual instruction, peer interaction and competition. While winning is not an end in itself, we believe that our student-athlete's efforts to be their best will lead them to succeed. Our mission is that all individuals associated with Christoval Athletics (coaches, staff, student-athletes, alumni and parents) will value character traits developed through athletic participation. We expect all participants to respect themselves and others, demonstrate loyalty, be good teammates and put the team before themselves, handle failure like they handle success, have school pride, have a strong work ethic, be honest, and show up and be prepared.

What this looks like in...

Athletics

- *Attention to detail
- *Trusting player development
- *Devotion to the team
- *Healthy decisions
- *Commitment to strength and conditioning
- *Embrace being a student of the game
- *Commitment to the mental game

Academics

- *Go to every class
- *Put phones away
- *Participate in class
- *Do your own work
- *Turn in all assignments
- *Build positive relationships with your teachers
- *Utilize all academic resources

Community

- *Use your platform for the good
- *Pay it forward
- *Be a leader on campus
- *Make positive decisions
- *Practice self-control in all situations

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to young adults in a language they understand. Sport can create hope where once there was only despair.”

Rules & Policies

Christoval ISD Athletic Policy & Procedure

Participating in athletics is not a right but a privilege that is earned and may be revoked for not following athletic policy. These policies were developed and established so that athletes and parents can understand what is expected of them. If some problems or situations arise that are not discussed in this document, the athletic director with input from the coaching staff and administration, will develop a policy regarding the situations.

Athletes Representing Christoval

Student athletes who represent a campus or the school district are expected to conform to a more rigid code of behavior than the general student population. Participation in activities which represent the school is considered a privilege and an honor, subject to regulation, not an inherent right. Failure to conform to the code of behavior dishonors the organization to which the student belongs, as well as the school district and the community.

*Coaches (with the consent of the Athletic Director and Principal) have the authority to remove any athlete from the program that does not represent Christoval the way they should with proper documentation.

No athlete shall have severe misconduct or inappropriate behavior at school.

1st Offense	Corrective measure initiated by a coach
2nd Offense	Corrective measure initiated by a coach
3rd Offense	Corrective measure initiated by a coach *May be suspended from contests or removed from Athletics.

* This will be handled on a case by case basis determined by the severity of the misconduct and behavior.

No athlete shall exhibit direct insubordination.

Offense	Corrective measure initiated by a coach. *May also include suspension and/or removal from athletics.
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* This will be handled on a case by case basis determined by the severity of the misconduct and behavior.

Definition of Insubordination:

defiance of authority; refusal to obey orders.

No athlete shall use any profane language.

Profanity by athletes is not acceptable. It will not be permitted or condoned at any level or in any sport. Student athletes using profanity will be subject to disciplinary action at the coach's discretion.

Sportsmanship.

Good sportsmanship is the essence of any athletic program. Unsportsmanlike conduct will not be tolerated. Fighting, disrespect for officials, or public displays of temper constitute unsportsmanlike conduct and appropriate disciplinary action will follow any such conduct. Unsportsmanlike conduct is grounds for immediate loss of playing privilege and corrective measures initiated by a coach.

Christoval athletes/coaches **will:**

1. Treat opponents with dignity and respect.
2. Shake hands with opponents at the conclusion of all contests.

Christoval athletes/coaches **will not:**

1. Talk "trash" to any opponent
2. Taunt any opponent
3. "Celebrate" (in accordance with the UIL definition/rule)
4. Talk to officials during the contest (with the exception of team captains)
5. Demonstrate any unsportsmanlike or unacceptable behavior towards opponents, officials, or spectators
6. Throw equipment or other objects in an unsportsmanlike or unacceptable manner
7. Take part in or be actively involved in a fight connected with any athletics contest in which a CISD team is participating

**Violations of Sportsmanship will follow the same consequences of inappropriate behavior at school.*

In-School Suspension - ISS

The student athlete will not participate in or attend any extracurricular activities during the prescribed time. The student will not be allowed to practice but will need to attend all workouts during their suspension.

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| 1st Offense | 2 consecutive extra workouts with a coach which will include corrective measures. (800 yards of corrective measures - bear crawls, log rolls, up-downs...etc) |
| 2nd Offense | 5 consecutive extra workouts with a coach which will include corrective measures. (800 yards of corrective measures - bear crawls, log rolls, up-downs...etc) |
| 3rd Offense | One week suspension. 10 consecutive extra workouts with a coach which will include corrective measures. (800 yards of corrective measures - bear crawls, log rolls, up-downs...etc)
*May also include suspension and/or removal from athletics. |

* This will be handled on a case by case basis determined by the severity of the misconduct and behavior.

Drugs and Alcohol Testing

A. All athletes must enter the random drug testing program at Christoval ISD. All athletes are bound by the rules and regulations of the Christoval ISD drug testing policy.

B. Alcohol will be dealt with as follows: Completion of school consequence as laid out in the Christoval ISD Student Code of Conduct plus the following:

1st Offense: 10 miles before they are eligible to participate in an athletic competition.

2nd Offense: 20 miles before they are eligible to participate in an athletic competition

plus a one game suspension.

3rd Offense: 40 miles before returning to athletics, and are suspended from the athletic program for one calendar year.

Drugs will be dealt with as follows:

1st Offense: 21 day suspension from athletic competition; conference with school counselor, parents, coach, athletic director, and principal; student will be retested on all random drug testing dates. 25 miles before they are eligible to participate in an athletic competition.

2nd Offense: Suspension from athletic program for one calendar year; conference with school counselor, parents, coach, athletic director, and principal; student will be retested on all random drug testing dates. 75 miles before they are eligible to participate in an athletic competition.

3rd Offense: Suspension from athletic program during the remainder of high school attendance.

Alternative Education Placement (AEP)/Expulsion.

The student will not participate in or attend any extracurricular activities during the time in which the consequence is assigned. All privileges and/or awards earned during the time of assignment will be forfeited.

1st Offense 15 consecutive extra workouts with a coach which will include corrective measures. (800 yards of corrective measures - bear crawls, log rolls, up-downs...etc)
*May also include suspension and/or removal from athletics.

2nd Offense Suspension and/or removal from athletics.

* This will be handled on a case by case basis determined by the severity of the misconduct and behavior.

* Any student that has been removed and sent to AEP must finish a semester in good standing academically and behaviorally before being considered to be eligible for athletics again.

Outside of School Misconduct

A negative reflection is cast upon the school when students who represent the school engage in serious misconduct outside the school day or away from school-related events, or who are charged with felony crimes (or crimes that would be considered felonies if the student were of age), misdemeanor crimes which are determined to bring dishonor or discredit to the school, or misconduct concerning the use of drugs or alcohol.

In the event that a student engages in conduct punishable as a felony or a drug or alcohol arrest, the student may be immediately suspended from the organization and or activities he/she represents for one calendar year.

Social Media Policy

Social networking sites such as Facebook and Snapchat can be an important part of a young person's life and also pose a serious danger. Since participation in athletics is a privilege and not a right, an athlete needs to accept responsibility for appearing or posting on certain websites. Any postings or communication via social networking websites which advocates the violation of any team policy would be unacceptable. This would include but not be limited to: consumption of alcohol or the use of illicit drugs, inappropriate sexually-oriented materials, or activities involving bullying, harassment, and/or vulgar and offensive language.

First Offense Verbal warning

Second Offense 800 yards of corrective measures

Third Offense 1200 yards of corrective measures and suspension from 1 Contest.

Fourth Offense Removal from Athletics

Participation in Christoval Athletics

Multiple Sport Athletes

Athletes involved in multiple sports at the same time must meet each sport coach's requirements for practice, games, workouts, etc. Failure to meet these requirements will lead to being removed from a sport by the head coach with the athletic director's approval. The Athletic Director will have the final decision on conflicts that arise between coaches keeping in mind that athletes will not be punished in one sport for participating in another sport.

Travel

Athletes will travel with the team to all contests. Athletes will be allowed to sign out with their parents or legal guardian after contests. If they leave with someone who is not their parent or legal guardian they will need a signed note from their parent or legal guardian giving consent. Athletes will also be allowed to leave after an athletic event with a teacher or sponsor to travel to another school related event.

Student Managers

Student managers/trainers are an integral part of any team. If there is a situation where a manager for one sport is an athlete in another sport that overlaps the season, it is understood that the athlete comes before the manager. For example, if football has a manager that plays basketball, when basketball starts the football manager will go to basketball practice and attend his football duties after basketball. Coaches are encouraged to keep managers/trainers that do not play other sports so as to not encounter these problems.

Excused or Unexcused Absence from Practice or Contest.

Unexcused Absence from practice - during the season any unexcused absence from a scheduled practice will result in having to make up missed work and/or being placed at a lower team status. It is the responsibility of the athlete to let his/her coaches know if they won't be able to make a practice.

First Offense Corrective measures determined by the Head Coach.

Second Offense Corrective measures determined by the Head Coach
(possible suspension from participating)

Third Offense Removal from Sport

Excused Absence from practice – An excused absence is one that is deemed allowable by the head coach of that sport. (ex. Doctor appointments, funerals, illness, etc.)

The make-up conditioning and exercises for an excused absence is not meant for punishment, but is administered so that the athlete can make up for missed work and conditioning. Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence. Athletes should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts. Habitual absences will result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal.

Banquet Dress Code - All coaches will ensure that athletes are dressed accordingly for the Athletic Banquet. No shorts or hats will be allowed.

Quitting

Upon deciding to quit, any athlete will be given a 48 hour grace period, or cooling off period. At that time (or before then), the athlete will make a rational decision as to whether he/she still wants to quit. If still wishing to quit, the athlete must completely fill out a CISD Athletic Quit Form, have it signed by their parent/legal guardian and themselves, and then hand it back to their head coach or athletic coordinator. Once the paperwork is turned in and signed by all parties, the athlete is not eligible for sport-specific practices or contests until the sport he/she quit is finished.

Failure to fill out a quit form will forfeit the athlete from participating in sports in the future. When trying out a sport all athletes will be granted a one week grace period in which they will be allowed to quit without consequences or filling out the quit form.

**If an athlete quits two sports (not during the one week grace period) they will be removed from athletics.*

Christoval ISD Athletic Quit Form

I, _____, have decided, after careful consideration to my coaches and teammates, to quit _____, which is the sport I am getting out of. I have been given a 2-day (48 hour) period to fully evaluate my decision. I feel this is the best decision for me and my teammates. I understand that I cannot participate in practices or contests in any sport until _____ is finished. I understand that by quitting again, I will most likely forfeit any future participation in CISD athletics altogether.

Athlete Signature _____

Parent Signature _____

Head Coach Signature _____

Athletic Director Signature _____

Signed & Dated _____ - _____ - _____

Parent/Spectator Involvement

Parental involvement in a student/athlete's development plays an important role and is encouraged by the athletic department. Parents should follow the proper chain of command when dealing with any issue regarding their child or any other concern. Parental involvement at athletic contests should be limited to words of encouragement or praise for their child and not derogatory or degrading toward anyone attending/participating in the event. Parents or attendees that do not follow the guidelines outlined above may be removed or banned from future athletic events.

The Chain of Command:

1. The coach directly involved
2. The head coach of the sport
3. Athletic Director

Parent/Coach Conference Procedure

1. Do not confront a coach before or after a contest or practice. (This can be an emotional time for both parties. Meetings of this nature do not promote resolution. Productive meetings always require calm, rational attitudes in a private setting.)
2. The coach may set up an appointment during conference time. The athletic director, principal, and superintendent will not discuss any situation with a parent until the parent has talked to the coach first. If the parent is not satisfied with a coach meeting, they will be instructed to set up a meeting with the Athletic Director.
3. If the parent is not satisfied with the Athletic Director meeting, instructions will be given to set up a meeting with the Superintendent.

Topics that can be discussed with coaches:

1. Treatment of athlete, mentally and physically
2. Ways to help your athlete improve
3. Concerns of athlete's behavior

Topics that will not be discussed with coaches:

1. Playing Time
2. Team Strategy
3. Play Calling
4. Other student athletes

Student/Parent Athletic Handbook

Christoval ISD Athletics

I have read the athletic handbook and understand the policies of the athletic program. I agree to follow all rules and guidelines expressed in the handbook.

I am ready to make sacrifices and to provide the effort necessary to make myself and CISD the best we can.

I will strive to follow the following guidelines that exemplify the Student Athlete behavior.

1. I will follow all Christoval ISD and UIL rules and policies.
2. I will be a leader and will handle all of my academic responsibilities.
3. I will have respect for myself and for those in authority.
4. I will not lie or steal.
5. I will not use alcohol, illegal drugs, tobacco or other harmful substances.
6. I will give my best effort at all times.
7. I will use appropriate language.
8. I realize the importance of practice, and I will personally strive to participate in 100% of the workouts. I am aware that missed workouts result in make-up the day I return.
9. I will always put the interests of the team above my individual interests.
10. I will treat the locker-room as if it were my home away from home. I will keep it neat and always pick up after myself.
11. I realize the terms and consequences of quitting.
12. I understand that I can be removed from Athletics for a multitude of reasons with proper documentation.

Date: _____

Student-Athlete's Name: _____

Student-Athlete's Signature: _____

Parent/Guardian Signature: _____